Track: 2018-02-17 Il Costone Orientale — **Date: 17/02/2018**

Track: 2018-02-17 Il Costone Orientale	**IBP = 95 HKG**
These speeds are average for = HKG	
IBP index reliability= B	

Total length	14.85 Km
Analyzed distance	14.85 Km
Lineal distance	0.02 Km

Accumulated climb	776.75 m
Accumulated descent	775.6 m
Maximum height	2269.8 m
Minimal height	1554.6 m
Climb rate	11.63 %
Descent rate	10.75 %
Positive climb difference per	52.31 m
Negative descent difference per	52.23 m

Total time	7:13:38 h
Time in movement	4:30:31 h
Stopped time	2:43:07 h

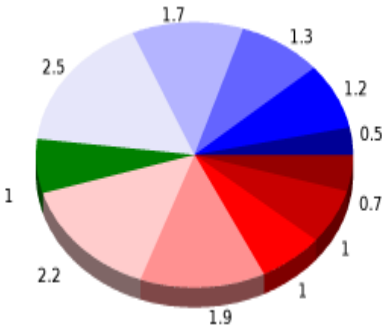
Total speed average	2.05 Km/h
Average speed in movement	3.29 Km/h
Maximum held speed	6.88 Km/h

Max slope filter	~55 %
Min. points separation	~30 m
Number of points	1155 (cad. 12.86 m)
Significant points	413 (cad. 36.05 m / 35.76 %)
Aberrant points	50 (4.33 % d. total)

Direction changes per	13.8
Direction changes >5° per	10.44
Accumulated straight stretches	2.117 Km
Straight stretches per	142.56 m
Penalizables slope changes	5
Penalizables slope changes per	0.337

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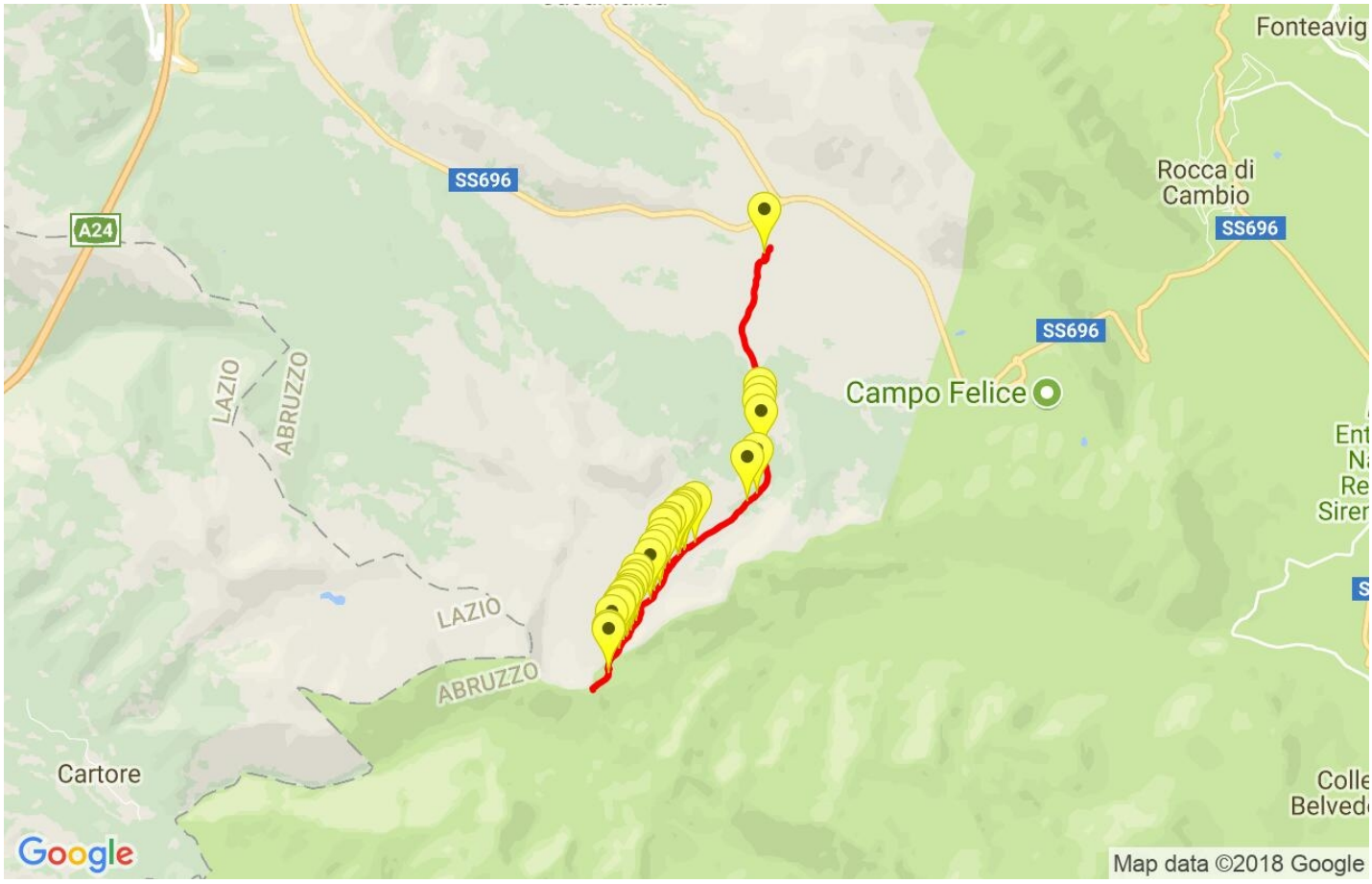
Summary of slopes

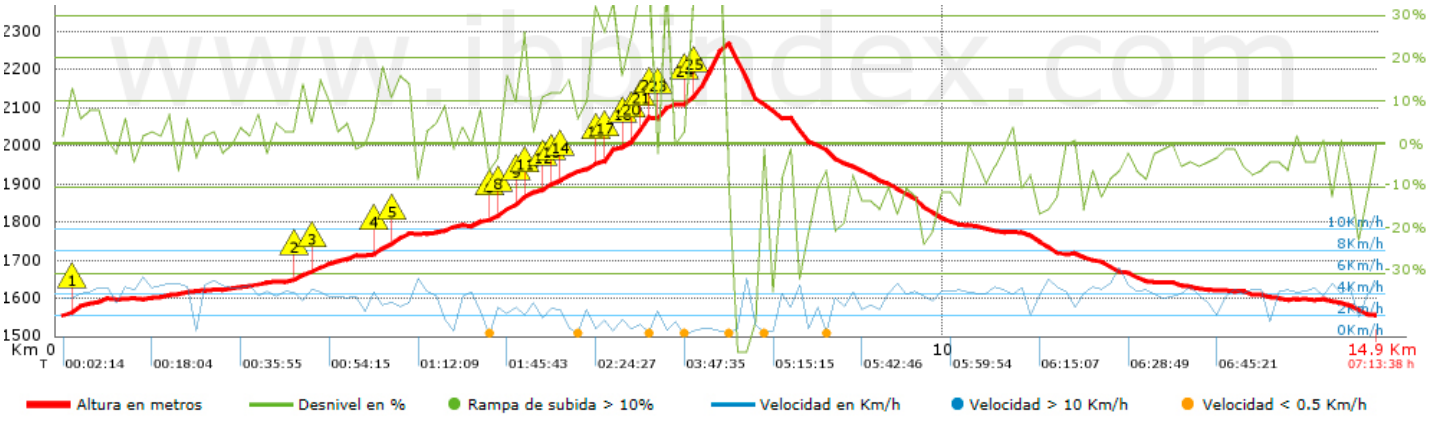


	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s
	Between 30% and 55%	0.661	4.45	1.99	0:19:56
	Between 15 and 30%	0.951	6.4	2.48	0:23:02
	Between 10 and 15%	1.001	6.74	2.84	0:21:07
	Between 5 and 10%	1.898	12.78	3	0:38:01
	Between 1 and 5%	2.168	14.6	3.9	0:33:24
	Total :	6.678	44.97	2.96	2:15:30
	Plain				
	Difference of 1%	0.956	6.44	3.47	0:16:31
	Breakdown descents				
	Between 1 and 5%	2.511	16.91	3.52	0:42:50
	Between 5 and 10%	1.723	11.6	4.19	0:24:41
	Between 10 and 15%	1.314	8.85	3.89	0:20:16
	Between 15 and 30%	1.176	7.92	3.14	0:22:30
	Between 30% and 55%	0.493	3.32	3.6	0:08:13
	Total :	7.217	48.6	3.65	1:58:30
	Total track :	14.85	100 %	3.29	4:30:31

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Steep slopes > 10%

Steep slope	Mileage point	Average slope	Interval
1	0.136	20 %	106 m
2	2.662	11 %	107 m
3	2.875	11 %	150 m
4	3.603	15 %	187 m
5	3.79	14 %	112 m
6	4.863	14 %	35 m
7	4.975	13 %	34 m
8	5.009	14 %	170 m
9	5.179	19 %	66 m
10	5.245	26 %	33 m
11	5.278	11 %	145 m
12	5.423	13 %	103 m
13	5.631	12 %	136 m
14	6.043	17 %	111 m
15	6.154	22 %	63 m
16	6.216	26 %	62 m
17	6.385	11 %	34 m
18	6.419	20 %	73 m
19	6.492	33 %	100 m
20	6.592	31 %	35 m
21	6.628	41 %	36 m
22	6.773	25 %	148 m
23	7.115	17 %	31 m
24	7.146	43 %	350 m

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High altitude parameters, data above							
Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
2250	136.605	0.92	0:01:38	5.02	0:30:26	0:32:04	0.26
2000	2002.743	13.49	0:44:24	2.71	1:30:41	2:15:05	0.89
1750	5110.811	34.41	1:44:00	2.95	0:36:56	2:20:56	2.18
1500	7600.973	51.18	2:00:29	3.79	0:05:04	2:05:33	3.63
Total :	14.851 Km	100 %	4:30:31 h	3.29 Km/h	2:43:07 h	7:13:38 h	2.05 Km/h

Stops					
Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
1.479	0:05:04	1616	0:23:34	0:23:34	1.479
4.353	0:04:33	1777	1:17:54	0:54:20	2.874
4.828	0:09:31	1807	1:30:32	0:12:38	0.476
5.704	0:02:27	1911	2:04:07	0:33:35	0.875
5.806	0:07:31	1924	2:08:42	0:04:35 < 10´	0.102
6.043	0:03:01	1941	2:21:26	0:12:44	0.237
6.216	0:03:57	1973	2:30:37	0:09:11 < 10´	0.174
6.419	0:03:15	2000	2:40:18	0:09:41 < 10´	0.203
6.563	0:04:24	2039	2:50:31	0:10:13	0.143
6.807	0:03:45	2076	3:03:40	0:13:09	0.245
6.987	0:38:08 > 10´	2107	3:13:20	0:09:40 < 10´	0.18
7.181	0:08:58	2127	3:55:39	0:42:19	0.194
7.321	0:44:42 > 10´	2188	4:07:04	0:11:25	0.14
7.592	0:05:44	2253	4:53:24	0:46:20	0.27
7.942	0:09:15	2107	5:04:47	0:11:23	0.351
8.378	0:02:56	2039	5:20:10	0:15:23	0.436
8.558	0:05:56	2001	5:27:27	0:07:17 < 10´	0.18
Total :	2:43:07 h				

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